



Name of Project: Idaho State University (ISU) Senior Health Mobile

Name of Organization: Area V Area Agency on Aging (Pocatello) and ISU College of Health Professions and Department of Nursing, Pocatello, Idaho

Choices for Independence Principle: Empowerment/Access to Information and Services, Evidence Based Prevention/Wellness, Consumer Direction/Community Living

Description:

The ISU Senior Health Mobile is a joint project of the Area V Area Agency on Aging and the ISU College of Health Professions and Department of Nursing in Pocatello. The Project was designed to educate Idaho health professions students and practicing health professionals in an interdisciplinary approach to geriatric care, deliver health care services to rural older adults in nontraditional home and community-based settings, and work to recruit and retain health care practitioners in rural, underserved areas of Idaho.

The program is used to target caregivers, especially the homebound, in rural areas with health and wellness services, which are provided by Masters and Doctoral level students from ISU. Most of these small communities have no other available health services. Participating disciplines include nursing, pharmacy, occupational therapy, physical therapy, audiology, dental hygiene and speech therapy. The program serves 11 counties, which includes two other area agencies. AARP has also been a partner in this project for the past six years by providing for fuel costs.

Services provided by the ISU Senior HealthMobile (SHM) are designed to augment and support medical care by primary health providers. The SHM is staffed by an RN, BSN serving as Field Coordinator, two or more nursing students, and a representative of SouthEast Idaho Area Agency on Aging.

Educational presentations include topics such as available community resources, diabetes, hydrations, high or low blood pressure awareness and control self breast exams, chronic heart diseases, medication management (including review of medications taken and consistency), arthritis information and therapies, care of skin and feet, depression, memory loss, exercise education, heat stroke prevention and education, hypothermia

prevention, fall prevention, pain management, hearing loss and osteoporosis education. Videos, printed materials and hand outs as well as posters help to teach.

SHM is equipped with vision and hearing testing equipment. Clients are screened with their corrective equipment in place, and referrals are made when necessary for follow up with physicians, optometrists, and audiologists. Blood Glucose Monitors are available for spot checks on glucose levels, and instructional sessions may be provided to help clients with their home use equipment. Blood Pressure and pulse oximeter testing is provided. Many clients utilize this service to help them monitor their progress between physician visits. Referrals to physicians are made on as-needed basis depending on assessments by students and supervisory staff.

For more information about the ISU Senior Health Mobile, please contact Judi Robinson, Coordinator, Area V AAA, at (208) 233-4032, extension 17 or by email at: judilou@sicog.org